

# South African Track & Field Performances 2019

31 July 2019

## Senior (Any athlete 16 years & Older born 2003 and earlier)

Compiled by : Clyde Kinloch, assisted by Sarina Cronje, Staci Chislett & Marilize Goosen

Checked and Edited by : Danie & Neil Cornelius

Under the Auspices of SAAS and the Rules of IAAF & ASA

### MEN

#### 100m

|       |     |                     |      |           |     |                    |        |
|-------|-----|---------------------|------|-----------|-----|--------------------|--------|
| 9,93  | 0,5 | Akani Simbine       | AGN  | 21-Sep-93 | 1   | London             | 20-Jul |
| 10,05 | 0,5 | Simon Magakwe       | WPA  | 25-May-85 | 1   | Germiston          | 25-Apr |
| 10,08 | 0,9 | Thando Dlodlo       | CNWN | 22-Apr-99 | 1   | Trieste            | 06-Jul |
| 10,15 | 0,1 | Emile Erasmus       | AGN  | 03-Apr-92 | 2   | Bloemfontein       | 13-Apr |
| 10,17 | 1,1 | Anaso Jobodwana     | AGN  | 30-Jul-92 | 1   | Regensburg         | 07-Jul |
| 10,23 | 0,7 | Thando Roto         | AGN  | 26-Sep-95 | 3h3 | La Chaux -de-Fonds | 30-Jun |
| 10,25 | 0,1 | Chederick van Wyk   | ACNW | 18-Feb-95 | 3   | Bloemfontein       | 13-Apr |
| 10,26 | 1,5 | Cheswell Johnson    | CGA  | 30-Sep-97 | 1s3 | Germiston          | 25-Apr |
| 10,28 | 0,9 | Henricho Bruintjies | CGA  | 16-Jul-93 | 4   | Trieste            | 06-Jul |
| 10,30 | 0,1 | Gideon Trotter      | AFS  | 03-Mar-92 | 4   | Bloemfontein       | 13-Apr |
| 10,30 | 0,1 | Roscoe Engel        | WPA  | 06-Mar-89 | 4   | Bloemfontein       | 13-Apr |

#### 200m

|       |      |                    |      |           |   |              |        |
|-------|------|--------------------|------|-----------|---|--------------|--------|
| 20,04 | 1,4  | Clarence Munyai    | AGN  | 20-Feb-98 | 1 | Heusden      | 20-Jul |
| 20,27 | -0,2 | Akani Simbine      | AGN  | 21-Sep-93 | 1 | Germiston    | 27-Apr |
| 20,38 | 0,9  | Anaso Jobodwana    | AGN  | 30-Jul-92 | 1 | Regensburg   | 07-Jul |
| 20,43 | -0,4 | Sinesipho Dambile  | AGN  | 02-Mar-02 | 1 | Pretoria     | 15-Mar |
| 20,44 | -0,2 | Chederick van Wyk  | ACNW | 18-Feb-95 | 2 | Napoli       | 11-Jul |
| 20,71 | -0,2 | Theodore Young     | ACNW |           | 3 | Germiston    | 27-Apr |
| 20,75 | -0,2 | Phatsu Maswanganye | AGN  | 01-Feb-01 | 5 | Germiston    | 27-Apr |
| 20,76 | 0,3  | Luxolo Adams       | EPA  | 01-Aug-96 | 1 | Stellenbosch | 04-Apr |
| 20,77 | 0,9  | Tsebo Matsotso     | AFS  | 27-May-99 | 1 | Bloemfontein | 22-Feb |
| 20,89 | 0,6  | Derrick Mokaleng   | USA  | 18-Jun-97 |   | Tucson AZ    | 06-Apr |

#### 300m

|       |  |                 |     |           |   |                    |        |
|-------|--|-----------------|-----|-----------|---|--------------------|--------|
| 32,45 |  | Clarence Munyai | AGN | 20-Feb-98 | 1 | Naimette-Xhovemont | 17-Jul |
|-------|--|-----------------|-----|-----------|---|--------------------|--------|

#### 400m

|       |  |                     |      |           |     |           |        |
|-------|--|---------------------|------|-----------|-----|-----------|--------|
| 45,17 |  | Derrick Mokaleng    | USA  | 18-Jun-97 | 2   | Waco TX   | 20-Apr |
| 45,19 |  | Thapelo Phora       | AGN  | 21-Nov-91 | 1   | Sasolburg | 12-Apr |
| 45,39 |  | Gardeo Isaacs       | BOLA | 27-Dec-98 | 1   | Germiston | 27-Apr |
| 45,76 |  | Ashley Hlungwani    | AGN  | 25-Apr-91 | 3   | Germiston | 27-Apr |
| 45,98 |  | Ranti Dikgale       | AGN  | 12-Jul-87 | 1h1 | Germiston | 25-Apr |
| 46,20 |  | Jon Seeliger        | AGN  | 27-Apr-95 | 1   | Pretoria  | 09-Feb |
| 46,27 |  | Lythe Pillay        | CGA  |           | 1   | Abijan    | 17-Apr |
| 46,27 |  | Pieter Conradie     | ACNW | 20-Oct-94 | 5   | Germiston | 27-Apr |
| 46,33 |  | Lesedi Mokgobinyana | ACNW | 25-Feb-93 | 3s2 | Germiston | 26-Apr |
| 46,40 |  | Zakithi Nene        | KZNA | 02-Apr-98 | 6   | Germiston | 27-Apr |

**800m**

|         |                      |      |           |   |               |        |
|---------|----------------------|------|-----------|---|---------------|--------|
| 1:44,69 | Tshepo Tshite        | AGN  | 15-Jan-97 | 1 | Pretoria      | 15-Mar |
| 1:46,29 | Kabelo Mohlosi       | ANWN | 20-Jan-93 | 1 | Potchefstroom | 04-May |
| 1:46,56 | Tumelo Mashaba       | AGN  |           | 1 | Halluin       | 26-Jun |
| 1:46,56 | Rynardt van Rensburg | AFS  | 23-Mar-92 | 2 | Maanheim      | 19-Jul |
| 1:46,64 | Theuns Ehlers        | AGN  | 03-Dec-98 | 1 | Stellenbosch  | 04-Apr |
| 1:46,67 | Duran Faro           | BOLA | 05-Feb-94 | 2 | Potchefstroom | 17-Apr |
| 1:47,42 | Themba Madima        | AGN  | 04-Apr-89 | 2 | Pretoria      | 15-Mar |
| 1:48,10 | Jabolane Ncamane     | AGN  | 07-Jun-94 | 6 | Germiston     | 27-Apr |
| 1:48,19 | Mpho Makofane        | CGA  |           | 4 | Stellenbosch  | 04-Apr |

**1 000m**

|         |                      |     |           |   |                 |        |
|---------|----------------------|-----|-----------|---|-----------------|--------|
| 2:21,00 | Rynardt van Rensburg | AFS | 23-Mar-92 | 3 | Folksam Varberg | 15-Jul |
|---------|----------------------|-----|-----------|---|-----------------|--------|

**1 500m**

|         |                      |      |           |     |              |        |
|---------|----------------------|------|-----------|-----|--------------|--------|
| 3:38,30 | Tumelo Mashaba       | AGN  | 12-Feb-95 | 5   | Carquefou    | 21-Jun |
| 3:39,23 | Ryan Mphahlele       | ACNW | 20-Jun-98 | 3   | Copenhagen   | 18-Jun |
| 3:39,33 | George Kusche        | USA  | 06-Aug-98 | 6   | Stanford CA  | 02-May |
| 3:41,58 | Jerry Motsau         | ACNW | 12-Mar-90 | 2rB | Kortrijk     | 13-Jul |
| 3:41,62 | Tshepo Tshite        | AGN  | 15-Jan-97 | 11  | Heusden      | 20-Jul |
| 3:43,31 | Ashley Smith         | WPA  | 09-Sep-96 | 1   | Parow        | 23-Jan |
| 3:45,50 | Nkosinathi Sibiya    | AKZN | 01-Jan-94 | 2   | Germiston    | 26-Apr |
| 3:46,20 | Luan Munnik          |      | 22-Apr-00 | 4   | Koblenz      | 23-Jun |
| 3:47,26 | Bruce-Lynn Damons    | WPA  | 20-Jun-96 | 2   | Parow        | 23-Mar |
| 3:48,40 | Dais Malebane        | USA  | 11-Feb-99 | 3   | El Dorado KS | 04-May |
| 3:48,95 | Sibusiso Magwaza     | WPA  | 10-Jul-93 | 3   | Parow        | 23-Mar |
| 3:48,99 | Llewellyn Groeneveld | WPA  | 02-Jul-95 | 1   | Cape Town    | 16-Feb |

**5 000m**

|          |                   |     |           |     |                 |        |
|----------|-------------------|-----|-----------|-----|-----------------|--------|
| 13:56,34 | Rowhaldo Ratz     | WPA | 20-Mar-98 | 1   | Stellenbosch    | 26-Mar |
| 13:57,15 | Marko Bucarizza   | CGA | 22-Dec-88 | 2   | Stellenbosch    | 26-Mar |
| 13:59,64 | Nadeel Wildschutt | USA | 28-Nov-96 | 3   | Charlottesville | 20-Apr |
| 14:00,14 | Collen Mualudzi   | AGN | 08-Apr-91 | 3   | Stellenbosch    | 26_Mar |
| 14:03,33 | Bruce-Lynn Damons | WPA | 20-Jun-96 | 4   | Stellenbosch    | 26-Mar |
| 14:06,07 | Stephen Mokoka    | AGN | 01-Apr-85 | 1   | Pretoria        | 09-Apr |
| 14:06,18 | Precious Mashele  | CGA | 13-Oct-90 | 1   | Germiston       | 27-Apr |
| 14:06,36 | Adrian Wildschutt | USA | 03-May-98 | 6   | Charlottesville | 20-Apr |
| 14:06,67 | Philani Buthelezi | AGN | 07-Jul-89 | 2   | Pretoria        | 09-Apr |
| 14:08,71 | Lebogang Mosito   | USA | 22-Mar-95 | 8r2 | Raleigh NC      | 30-Mar |

**10 000m**

|          |                      |      |           |     |               |        |
|----------|----------------------|------|-----------|-----|---------------|--------|
| 28:42,99 | Milton Kekana        | WPA  | 03-Oct-95 | 1   | Stellenbosch  | 04-Apr |
| 28:43,26 | Gladwin Mzazi        | CGA  | 28-Aug-88 | 2   | Stellenbosch  | 04-Apr |
| 28:53,69 | Adrian Wildschutt    | USA  | 03-May-98 | 2h1 | Jacksonville  | 23-May |
| 28:55,62 | Nadeel Wildschutt    | USA  | 28-Nov-96 | 4h1 | Jacksonville  | 23-May |
| 29:03,40 | Precious Mashele     | CGA  | 13-Oct-90 | 1   | Pretoria      | 15-Mar |
| 29:17,22 | Philani Buthelezi    | AGN  | 07-Jul-89 | 3   | Pretoria      | 15-Mar |
| 29:31,09 | Elroy Gelant         | ACNW | 25-Aug-86 | 1   | Potchefstroom | 08-Mar |
| 29:33,56 | Nkosikhona Mhlakwana | ACNW |           | 3   | Stellenbosch  | 04-Apr |
| 29:35,12 | Pakiso Mthembu       | ACNW | 10-Jun-99 | 4   | Stellenbosch  | 04-Apr |

**3 000m STEEPLE**

|         |                     |      |           |   |                    |        |
|---------|---------------------|------|-----------|---|--------------------|--------|
| 8:28,75 | Rantso Mokopane     | ACNW | 08-Aug-94 | 1 | Naimette-Xhovemont | 17-Jul |
| 8:33,60 | Ashley Smith        | BOLA | 09-Sep-96 | 3 | Napoli             | 12-Jul |
| 8:56.63 | Siboniso Soldaka    | WPA  | 20-Dec-90 | 4 | Merksem            | 27-Jul |
| 8:57,52 | Tumisang Monnatlala | ACNW | 31-Jan-95 | 1 | Regensburg         | 06-Jul |
| 9:02,73 | Dikotsi Lekopa      | AGN  | 07-Jul-88 | 2 | Germiston          | 26-Apr |
| 9:04,02 | Amos Nyongo         | WPA  | 05-Jul-86 | 3 | Parow              | 23-Mar |
| 9:07,69 | Serame Gumede       | RSA  |           | 3 | Stellenbosch       | 04-Apr |
| 9:12,59 | Olebogeng Moremi    | RSA  |           | 1 | Paarl              | 28-Mar |
| 9:12,96 | Matthew Forrester   | RSA  |           | 2 | Paarl              | 28-Mar |

**110H**

|       |      |                 |      |           |   |               |        |
|-------|------|-----------------|------|-----------|---|---------------|--------|
| 13,30 | 0,4  | Antonio Alkana  | WPA  | 12-Apr-90 | 3 | Rome          | 03-Jun |
| 13,45 | -1,2 | Ruan de Vries   | AGN  | 01-Feb-86 | 1 | Potchefstroom | 19-Mar |
| 13,80 | 0,0  | Tiaan Kleynhans | ACNW | 13-Jul-96 | 2 | Bloemfontein  | 13-Apr |
| 13,96 | -0,3 | Tshepo Lefete   | CGA  | 02-Feb-92 | 4 | Germiston     | 26-Apr |
| 13,98 | 1,0  | Theodor Young   | ACNW | 05-Jul-96 | 1 | Potchefstroom | 08-Mar |
| 14,11 | -0,3 | Alwyn Bothma    | ACNW | 24-Feb-98 | 5 | Germiston     | 26-Apr |
| 14,27 | 0,0  | Muntingh Hamman | AGN  | 07-Mar-90 | 7 | Bloemfontein  | 13-Apr |
| 14,28 | -0,3 | Darren Riddles  | WPA  | 20-Jun-97 | 7 | Germiston     | 26-Apr |
| 14,30 | -1,2 | Jerry Venter    | ACNW | 28-Jul-00 | 4 | Potchefstroom | 19-Mar |

**400H**

|       |  |                     |     |           |     |              |        |
|-------|--|---------------------|-----|-----------|-----|--------------|--------|
| 48,73 |  | Sokwakhana Zazini   | AGN | 23-Sep-00 | 2   | Napoli       | 11-Jul |
| 48,81 |  | Lindsay Hanekom     | AGN | 15-May-93 | 1   | Germiston    | 27-Apr |
| 49,66 |  | Cornel Fredericks   | AFS | 03-Mar-90 | 2   | Bloemfontein | 13-Apr |
| 50,02 |  | Le Roux Hamman      | AGN | 06-Jan-92 | 4   | Germiston    | 27-Apr |
| 50,48 |  | Constant Pretorius  | AGN | 26-Jan-94 | 5   | Germiston    | 27-Apr |
| 50,73 |  | Rivaldo Roberts     | AGN | 27-Apr-96 | 2   | Pretoria     | 15-Mar |
| 50,98 |  | Kefiloe Mogawane    | AGN | 11-Oct-97 | 1   | Pretoria     | 23-Feb |
| 51,01 |  | Tshegofatso Mathope | AGN | 02-Feb-95 | 3h1 | Germiston    | 25-Apr |
| 51,09 |  | Petrus Steenekamp   | AGN |           | 4h3 | Germiston    | 25-Apr |
| 51,72 |  | Sabelo Dhlamini     | CGA | 17-Jan-95 | 4   | Stellenbosch | 04-Apr |

**HIGH JUMP**

|      |  |                    |      |           |   |                   |        |
|------|--|--------------------|------|-----------|---|-------------------|--------|
| 2,27 |  | Chris Moleya       | AGN  | 27-Jan-97 | 1 | Rheinou-Freistett | 30-Jun |
| 2,25 |  | Mpho Links         | ACNW |           | 1 | Germiston         | 26-Apr |
| 2,23 |  | Breyton Poole      | BOLA | 23-Mar-00 | 1 | Stellenbosch      | 09-Feb |
| 2,20 |  | Keegan Fourie      | WPA  | 07-Sep-91 | 1 | Cape Twon         | 05-Apr |
| 2,20 |  | Manqoba Gift Nkosi | AGN  | 02-Jan-99 | 2 | Stellenbosch      | 04-Apr |
| 2,15 |  | Garth Ellis        | EPA  | 17-Feb-92 | 3 | Stellenbosch      | 04-Apr |
| 2,14 |  | Tiaan Steenkamp    | USA  | 14-Mar-96 | 1 | Jonesboro AR      | 12-May |
| 2,08 |  | Luvo Nkewu         | BOLA | 18-Nov-91 | 2 | Cape Town         | 05-Apr |
| 2,07 |  | Gayisa Maswanganyi | CGA  | 21-Mar-01 | 2 | Paarl             | 30-Mar |
| 2,07 |  | Matome Shabangu    | AGN  | 14-Aug-00 | 3 | Paarl             | 30-Mar |

**POLE VAULT**

|      |  |                |      |           |   |       |        |
|------|--|----------------|------|-----------|---|-------|--------|
| 5,30 |  | Kyle Rademeyer | BOLA | 29-Jan-02 | 1 | Paarl | 29-Mar |
| 5,20 |  | Valco Van Wyk  | BOLA | 26-Jul-00 | 1 | Paarl | 30-Mar |

|      |  |                      |      |           |     |               |        |
|------|--|----------------------|------|-----------|-----|---------------|--------|
| 5,11 |  | Nikolai Van Huysteen | BOLA | 08-Aug-02 | 2   | Pretoria      | 13-Feb |
| 5,00 |  | Lukas van der Watt   | USA  | 24-Jan-98 | 2   | San Marcos TX | 30-Mar |
| 5,00 |  | Friedrich Pretorius  | AGN  | 04-Aug-95 | dec | Germiston     | 05-Apr |
| 4,90 |  | Marcelle De Jager    | BOLA |           | 1   | Cape Town     | 16-Feb |
| 4,85 |  | Ekhardt van der Watt | USA  | 04-Oct-99 | 9   | San Marcos TX | 30-Mar |
| 4,73 |  | Arend Pretorius      | AFS  |           | 1   | Bloemfontein  | 01-Mar |
| 4,60 |  | Zaine De La Rey      | AFS  |           | 1   | Bloemfontein  | 02-Mar |
| 4,60 |  | Hennie Beukes        | BOLA |           | 2   | Germiston     | 26-Apr |

### LONG JUMP

|      |      |                    |      |           |   |              |        |
|------|------|--------------------|------|-----------|---|--------------|--------|
| 8,41 | 1,9  | Zarck Visser       | CGA  |           | 1 | Germiston    | 23-Mar |
| 8,37 | -1,1 | Luvo Manyonga      | EPA  | 18-Nov-91 | 1 | London       | 20-Jul |
| 8,21 | 1,3  | Ruswahl Samaai     | BOLA | 25-Sep-91 | 2 | Germiston    | 27-Apr |
| 8,10 | 0,0  | Jovan van Vuuren   | AGN  | 17-Jul-96 | 1 | Stellenbosch | 04-Apr |
| 7,98 | 1,1  | Cheswell Johnson   | CGA  | 30-Sep-97 | 4 | Germiston    | 27-Apr |
| 7,83 | 1,4  | Peter Makgato      | AFS  | 05-May-96 | 3 | Bloemfontein | 13-Apr |
| 7,70 | 0,5  | Norbert Ponisammy  | AFS  | 07-Jul-98 | 4 | Bloemfontein | 13-Apr |
| 7,63 | 1,4  | Dylan Cotter       | CGA  | 23-Aug-91 | 5 | Bloemfontein | 13-Apr |
| 7,57 | 1,0  | Phatsu Maswanganye | AGN  | 01-Feb-01 | 1 | Pretoria     | 15-Mar |
| 7,56 | -0,4 | Michael Skosana    | AFS  | 18-Sep-00 | 1 | Bloemfontein | 26-Jan |

### Wind

|      |     |                  |     |           |   |           |        |
|------|-----|------------------|-----|-----------|---|-----------|--------|
| 8,25 | 2,7 | Cheswell Johnson | CGA | 30-Sep-97 | 2 | Germiston | 23-Mar |
| 7,94 | 3,0 | Dylan Cotter     | CGA | 23-Aug-91 | 3 | Germiston | 23-Mar |

### TRIPLE JUMP

|       |      |                       |      |           |   |              |        |
|-------|------|-----------------------|------|-----------|---|--------------|--------|
| 16,42 | 0,6  | Godfrey Mokoena       | CGA  | 06-Mar-85 | 1 | Sasolburg    | 12-Apr |
| 16,03 | 1,9  | Kwezi Mtoba           | BOLA | 28-May-96 | 3 | Stellenbosch | 04-Apr |
| 15,62 | -1,7 | Thahosany Tshiredelso | WPA  |           | 1 | Cape Town    | 02-Mar |
| 15,61 | 1,6  | Junior Mpefu          | CGA  | 18-Jul-98 | 4 | Germiston    | 26-Apr |
| 15,57 | 1,2  | Attain Magomo         | CGA  |           | 6 | Stellenbosch | 04-Apr |
| 15,35 | -6,3 | Dylon Lotter          | CGA  |           | 3 | Pretoria     | 09-Feb |
| 15,28 | 1,0  | Tristan Faro          | BOLA | 15-May-01 | 1 | Paarl        | 30-Mar |
| 15,19 | 0,6  | Sifiso Miya           | AGN  | 01-Jun-01 | 2 | Paarl        | 30-Mar |
| 15,09 | 1,9  | Welrè Olivier         | AVT  |           | 1 | Paarl        | 30-Mar |
| 15,06 | -0,2 | Tebogo Maseema        | CGA  | 17-Feb-00 | 3 | Paarl        | 30-Mar |

### SHOT PUT

|       |  |                   |      |           |    |               |        |
|-------|--|-------------------|------|-----------|----|---------------|--------|
| 21,51 |  | Orazio Cremona    | CGA  | 01-Jul-89 | 1  | Germiston     | 27-Apr |
| 20,03 |  | Kyle Blignaut     | CGA  | 09-Nov-99 | 2  | Germiston     | 27-Apr |
| 19,58 |  | Jason Van Rooyen  | CGA  | 04-Feb-97 | 2  | Stellenbosch  | 04-Apr |
| 19,35 |  | Burger Lambrechts | USA  | 06-Aug-98 | 7q | Sacramento    | 25-May |
| 19,09 |  | Zane Weir         | CGA  | 07-Sep-95 | 3  | Germiston     | 27-Apr |
| 18,21 |  | Chris Van Niekerk | ACNW | 30-Aug-00 | 1  | Potchefstroom | 04-May |
| 17,89 |  | Ruan Combrinck    | AGN  | 11-Mar-95 | 4  | Bloemfontein  | 13-Apr |
| 17,35 |  | Werner Visser     | CGA  | 27-Feb-98 | 2  | Potchefstroom | 15-Mar |
| 17,20 |  | Tumelo Thage      | AGN  | 24-Feb-90 | 2  | Pretoria      | 15-Mar |

### DISCUS

|       |  |               |      |           |   |               |        |
|-------|--|---------------|------|-----------|---|---------------|--------|
| 63,11 |  | Victor Hogan  | BOLA | 25-Jul-89 | 2 | Lier          | 02-Jul |
| 59,40 |  | Werner Visser | CGA  | 27-Feb-98 | 2 | Potchefstroom | 17-Apr |

|       |                      |      |           |   |               |        |
|-------|----------------------|------|-----------|---|---------------|--------|
| 57,43 | Burger Lambrechts    | USA  | 06-Aug-98 | 5 | Lawrence KS   | 20-Apr |
| 57,00 | Dewald van Heerden   | AGN  | 04-Apr-91 | 1 | Pretoria      | 12-Jan |
| 56,71 | Jan-Louw Kotze       | USA  | 18-Mar-94 | 1 | Mobile AL     | 15-Mar |
| 55,25 | Johan Scholtz        | AGN  | 04-Mar-96 | 2 | Stellenbosch  | 04-Apr |
| 55,17 | Chris Van Niekerk    | ACNW | 30-Aug-00 | 1 | Potchefstroom | 05-Mar |
| 55,17 | Ignatius Marais      | ACNW | 04-Mar-99 | 1 | Potchefstroom | 08-Mar |
| 52,22 | Kyle Blignaut        | CGA  | 09-Nov-99 | 4 | Potchefstroom | 17-Apr |
| 50,39 | Jan-Adriaan Hattingh | ACNW |           | 3 | Potchefstroom | 05-Mar |

#### HAMMER THROW

|       |                   |      |           |   |               |        |
|-------|-------------------|------|-----------|---|---------------|--------|
| 71,26 | Tshepang Makhetha | ACNW | 09-Feb-96 | 1 | Potchefstroom | 15-Mar |
| 70,63 | Chris Harmse      | AVT  | 31-May-73 | 1 | Bloemfontein  | 22-Feb |
| 68,92 | Alan Cumming      | ACNW | 21-Mar-96 | 1 | Potchefstroom | 04-May |
| 68,05 | Renaldo Frechou   | AGN  | 04-Mar-92 | 1 | Pretoria      | 15-Mar |
| 67,23 | Carel Haasbroek   | ACNW | 27-Feb-98 | 2 | Sasolburg     | 12-Apr |
| 61,85 | Johan Kruger      | ACNW | 15-Apr-87 | 3 | Pretoria      | 23-Feb |

#### JAVELIN

|       |                         |      |           |   |               |        |
|-------|-------------------------|------|-----------|---|---------------|--------|
| 79,28 | Brendon Skinner         | ACNW | 04-Feb-99 | 1 | Potchefstroom | 12-Feb |
| 77,82 | Rocco van Rooyen        | WPA  | 23-Dec-92 | 1 | Germiston     | 25-Apr |
| 77,62 | Phil-Mar J van Rensburg | AGN  | 23-Jun-89 | 4 | Samorin       | 15-Jun |
| 76,97 | Johannes Grobler        | ACNW | 06-Aug-97 | 2 | Germiston     | 25-Apr |
| 74,76 | Robert Oosthuizen       | BOLA | 23-Jan-87 | 1 | Germiston     | 26-Jan |
| 74,07 | Werner Bouwer           | USA  | 21-Sep-98 | 1 | Waco TX       | 20-Apr |
| 72,22 | Erich Wiese             | ACNW | 01-Jun-97 | 2 | Potchefstroom | 05-Feb |
| 71,68 | Tobie Holtzhausen       | AGN  | 25-May-87 | 1 | Pretoria      | 23-Feb |
| 70,67 | Coenraad Kotze          | ACNW | 04-Mar-99 | 3 | Potchefstroom | 05-Feb |
| 69,90 | Anro Van Eeden          | ACNW | 19-May-99 | 2 | Potchefstroom | 19-Feb |

#### 4 X 100m

|       |  |     |  |     |              |        |
|-------|--|-----|--|-----|--------------|--------|
| 38,65 | South Africa (Bruitjies. Magakwe, Dlodlo, Simbini) |     |  | 1   | Ostrava      | 20-Jun |
| 38,66 | South Africa                                       |     |  | 4h1 | Yokohama     | 11-May |
| 38,88 | South Africa                                       |     |  | 1   | Bloemfontein | 13-Apr |
| 39,35 | RSA  |     |  | 1   | Germiston    | 27-Apr |
| 40,03 | AGN A  |     |  | 2   | Germiston    | 27-Apr |
| 40,73 | EPA  |     |  | 3   | Germiston    | 27-Apr |
| 41,76 | WPA  |     |  | 4   | Germiston    | 27-Apr |
| 41.38 | AGN - A  | U20 |  | 1   | Paarl        | 30-Mar |
| 41.87 | AGN - A  | U18 |  | 1   | Paarl        | 30-Mar |
| 41.94 | AGN - B  | U18 |  | 2   | Paarl        | 30-Mar |

#### 4 X 400m

|         |                       |  |  |     |               |        |
|---------|-----------------------|--|--|-----|---------------|--------|
| 3:02,13 | South Africa          |  |  | 1   | Potchefstroom | 17-Apr |
| 3:02,77 | South Africa          |  |  | 2h3 | Yokohama      | 11-May |
| 3:03,23 | South Africa Students |  |  | 2   | Napoli        | 13-Jul |
| 3:04,26 | AGN A                 |  |  | 1   | Germiston     | 27-Apr |
| 3:05,32 | South Africa          |  |  | 6   | Yokohama      | 12-May |
| 3:05,86 | South Africa          |  |  | 2   | Potchefstroom | 17-Apr |
| 3:07,75 | ACNW                  |  |  | 2   | Germiston     | 27-Apr |
| 3:09,91 | BOLA                  |  |  | 3   | Germiston     | 27-Apr |

|         |       |     |  |   |           |        |
|---------|-------|-----|--|---|-----------|--------|
| 3:13,30 | AGN C |     |  | 4 | Germiston | 27-Apr |
| 3:14,07 | CGA   | U20 |  | 1 | Paarl     | 30-Mar |

### Decathlon

|      |                          |      |           |   |              |           |
|------|--------------------------|------|-----------|---|--------------|-----------|
| 7872 | Fredreich Pretorius      | AGN  | 04-Aug-95 | 3 | Ratinger     | 29/30-Jun |
| 6825 | 3 days Duncan McLaddy    | AGN  |           | 2 | Germiston    | 25-27-Apr |
| 6651 | 3 days Marcelle de Jager | WPA  |           | 3 | Germiston    | 25-27-Apr |
| 6174 | 3 days Hennie Beukes     | BOLA |           | 4 | Germiston    | 25-27-Apr |
| 6166 | Jezze Perez              | BOLA |           | 1 | Stellenbosch | 4/6-Apr   |
| 5250 | Khuco Fallert            | AGN  |           | 2 | Stellenbosch | 4/6-Apr   |
| 5094 | Elgar Theunis            | WPA  | 21-May-95 | 1 | Greenpoint   | 15-16-Feb |

### 5km Walk (Track)

|          |                   |      |           |   |                 |        |
|----------|-------------------|------|-----------|---|-----------------|--------|
| 21:35.50 | Tebatso Mashimbyi | CGA  | 14-Feb-95 | 1 | Potchefstroom   | 19-Feb |
| 22:00.70 | Tumisang Pule     | AGN  | 03-Jul-97 | 2 | TUKS - Pretoria | 23-Feb |
| 22:29,63 | Mzwakhe Mavundla  | CGA  |           | 1 | Germiston       | 26-Jan |
| 22:43.34 | Anthony Farmer    | ACNW | 21-Dec-00 | 1 | TUKS - Pretoria | 23-Feb |
| 24:06.78 | Jacques Heymans   | AGN  | 24 fb 00  | 1 | TUKS-Pretoria   | 09-Feb |
| 24:22.58 | Mzwakhe Kobue     | AGN  | 11-May-81 | 1 | TUKS-Pretoria   | 09-Feb |
| 24:23.93 | Mthunzi Mnisi     | AGN  | 23-Nov-88 | 3 | TUKS - Pretoria | 23-Feb |
| 24:53.82 | Petrus van Aarde  | ACNW | 09-Dec-02 | 3 | Potchefstroom   | 19-Feb |
| 24:55.05 | Wrntsley Merkuur  | WPA  | 13-Feb-00 | 1 | Greenpoint      | 02-Mar |
| 25:00.25 | Gedeon Cillie     | WPA  | 25-May-77 | 1 | Parow           | 26-Jan |

### 10000m Walk (Track)

|            |                      |         |           |   |                |        |
|------------|----------------------|---------|-----------|---|----------------|--------|
| 0:46:47.97 | Mthembi Chauque      | AFS     | 11-Feb-93 | 1 | Bloemfontein   | 23-Feb |
| 0:47:40.17 | Antonia Farmer       | ACNW    | 21-Dec-00 | 1 | Paarl          | 30-Mar |
| 0:47:51.33 | Wenstley Merkuur     | WPA     |           | 2 | Paarl          | 30-Mar |
| 0:48:48.53 | Bheki Mnyamane       | AGN     |           | 1 | Paarl          | 28-Mar |
| 0:49:10.29 | Lebogang Mbulawe     | Gauteng | 01-Nov-01 | 1 | Port Elizabeth | 20-Mar |
| 0:49:11.36 | Nhlanhla Ndlazi      | AGN     |           | 2 | Paarl          | 28-Mar |
| 0:49:36.24 | Siyabonga Luvlo      | CGA     |           | 3 | Paarl          | 30-Mar |
| 0:49:41.61 | Alex Nyivana         | CGA     |           | 3 | Paarl          | 28-Mar |
| 0:50:04.30 | Sebensa Ndlazi       | CGA     | 30-Dec-02 | 1 | Port Elizabeth | 20 ma  |
| 0:50:10.81 | Siphimelele Mnyamana | CGA     | 05-Jan-02 | 2 | Port Elizabeth | 20-Mar |

### 20km Walk (Road)

|            |                   |      |           |    |                |         |
|------------|-------------------|------|-----------|----|----------------|---------|
| 1:20:17.00 | Wayne Snyman      | AGN  | 08-Mar-93 | 2  | Podébrady, CZE | 06-Apr  |
| 1:24:00.00 | Lebogang Shange   | CGA  | 01-Aug-90 | 53 | La Coruna, ESP | 08-June |
| 1:29:23.00 | Marc Mundell      | KZNA | 07-Jul-83 | 12 | Albisetti      | 17-Mar  |
| 1:32:23,00 | Sizwe Ndebele     | KZNA |           | 2  | Germiston      | 27-Apr  |
| 1:32:42,00 | Tumisang Pule     | AGN  |           | 3  | Germiston      | 27-Apr  |
| 1:34:41,00 | Tebatso Mashimbyi | CGA  |           | 4  | Germiston      | 27-Apr  |
| 1:35:09,00 | Mzwakhe Mavundla  | CGA  |           | 5  | Germiston      | 27-Apr  |
| 1:37:44,00 | Mthembi Chauque   | AFS  |           | 6  | Germiston      | 27-Apr  |
| 1:40:13,00 | Aaron Mahlangu    | KZNA |           | 7  | Germiston      | 27-Apr  |
| 1:44:22,00 | Mthunzi Misis     | AGN  |           | 9  | Germiston      | 27-Apr  |

**50km Walk (Road)**

|            |              |     |           |    |              |        |
|------------|--------------|-----|-----------|----|--------------|--------|
| 3:58:32.00 | Marc Mundell | AGN | 07-Jul-83 | 15 | Dudince, SVK | 23-Mar |
|------------|--------------|-----|-----------|----|--------------|--------|

**WOMEN****100m**

|       |     |                          |      |           |     |                      |        |
|-------|-----|--------------------------|------|-----------|-----|----------------------|--------|
| 11,04 | 1,9 | Tebogo Mamathu           | AGN  | 27-May-95 | 1   | La Chaux -de-Fonds   | 30-Jun |
| 11,14 | 1,3 | Carina Horn              | AGN  | 09-Mar-89 | 1   | Sotteville-les-Rouen | 17-Jul |
| 11,45 | 0,0 | Tamzin Thomas            | CGA  | 06-Oct-97 | 2   | Bloemfontein         | 13-Apr |
| 11,61 | 1,2 | Antoinette Van Der Merwe | AGN  | 27-Jan-01 | 1   | Pretoria             | 02-Mar |
| 11,61 | 0,8 | Rose Xeyi                | AGN  | 16-Mar-01 | 2   | Germiston            | 25-Apr |
| 11,73 | 0,0 | Rea Moloji               | AGN  | 12-Mar-96 | 4   | Bloemfontein         | 13-Apr |
| 11,79 | 0,8 | Petunia Obisi            | WPA  | 19-Jan-93 | 4   | Germiston            | 25-Apr |
| 11,79 | 0,8 | Sokwakana Mogwasi        | AFS  | 19-Feb-98 | 4   | Germiston            | 25-Apr |
| 11,84 | 1,7 | Cherise Jones            | AGN  | 05-Dec-85 | 1h2 | Pretoria             | 15-Mar |
| 11,92 | 1,3 | Miandi Van Staden        | ACNW | 25-Jul-02 | 1s1 | Paarl                | 28-Mar |

**200m**

|       |      |                          |      |           |      |               |        |
|-------|------|--------------------------|------|-----------|------|---------------|--------|
| 23,61 | -3,2 | Justine Palframan        | BOLA | 04-Nov-93 | 1    | Stellenbosch  | 04-Apr |
| 23,83 | 1,1  | Taylon Bieldt            | AGN  | 04-Nov-98 | 5sf3 | Napoli        | 11-Jul |
| 23,92 | 1,5  | Angelique Strijdom       | AGN  |           | 1    | Pretoria      | 09-Feb |
| 23,94 | 2,0  | Antoinette Van Der Merwe | AGN  | 27-Jan-01 | 1h3  | Paarl         | 29-Mar |
| 23,97 | -3,2 | Tamzin Thomas            | CGA  |           | 2    | Stellenbosch  | 04-Apr |
| 24,06 | 1,8  | Ariane Nel               | ACNW | 06-Mar-96 | 1    | Potchefstroom | 08-Mar |
| 24,09 | 0,4  | Nicola van der Merwe     | AGN  | 29-Jan-01 | 1    | Pretoria      | 02-Mar |
| 24,24 | 1,5  | Charlize Eilerd          | AGN  |           | 2    | Pretoria      | 09-Feb |
| 24,26 | 0,6  | Caster Semenya           | AGN  | 07-Jan-91 | 1    | Pretoria      | 09-Feb |
| 24,27 | 0,8  | Petunia Obisi            | WPA  | 19-Jan-93 | 1    | Parow         | 23-Mar |

**400m**

|       |  |                         |      |           |   |               |        |
|-------|--|-------------------------|------|-----------|---|---------------|--------|
| 52,89 |  | Zeney Van Der Walt      | AGN  | 22-May-00 | 3 | Sopot         | 23-Jun |
| 53,64 |  | Wenda Nel               | AGN  | 30-Jul-88 | 5 | Potchefstroom | 17-Apr |
| 54,03 |  | Danel Holton            | ACNW | 21-Jul-94 | 1 | Germiston     | 27-Apr |
| 54,08 |  | Taylon Bieldt           | AGN  | 04-Nov-98 | 1 | Potchefstroom | 04-May |
| 54,29 |  | Amy Naude               | ACNW | 07-Jan-02 | 4 | Abijan        | 17-Apr |
| 54,60 |  | Kirsten Ahrens          | BOLA | 18-Jun-00 | 2 | Germiston     | 27-Apr |
| 54,63 |  | Justine Palframan       | BOLA | 04-Nov-93 | 1 | Stellenbosch  | 04-Apr |
| 54,67 |  | Marlie Viljoen          | AGN  | 01-Aug-00 | 3 | Germiston     | 27-Apr |
| 54,73 |  | Clinique Brown          | ACNW |           | 2 | Potchefstroom | 20-Mar |
| 54,83 |  | Elke Van Der Westhuizen | ACNW |           | 3 | Potchefstroom | 20-Mar |

**800m**

|         |  |                    |      |           |     |              |        |
|---------|--|--------------------|------|-----------|-----|--------------|--------|
| 1:54,98 |  | Caster Semenya     | AGN  | 07-Jan-91 | 1   | Doha         | 03-May |
| 2:03,98 |  | Prudence Sekgodisa | AGN  | 05-Jan-02 | 2   | Pretoria     | 15-Mar |
| 2:04,43 |  | Gena Lofstrand     | ACNW | 23-Oct-95 | 1   | Stellenbosch | 04-Apr |
| 2:06,21 |  | Niene Muller       | AGN  | 02-Jan-99 | 3   | Germiston    | 27-Apr |
| 2:07,55 |  | Liza Kellerman     | CGA  | 16-Sep-99 | 4   | Stellenbosch | 04-Apr |
| 2:07,80 |  | Carina Viljoen     | USA  | 15-Apr-97 | 3r2 | Stanford CA  | 30-Mar |
| 2:08,00 |  | Danel Holton       | ACNW | 21-Jul-94 | 1   | Manheim      | 19-Jul |
| 2:08,80 |  | Kelly Grimes       | AGN  | 03-Sep-94 | 1   | Pretoria     | 15-Mar |

|         |                   |     |           |   |              |        |
|---------|-------------------|-----|-----------|---|--------------|--------|
| 2:09,60 | Elise Groenewald  | RSA | 28-Sep-95 | 5 | Stellenbosch | 04-Apr |
| 2:09,65 | Hlokomelo Sehlabi | AGN | 05-Jan-02 | 2 | Pretoria     | 15-Mar |
| 2:09,72 | Sunel Jacobs      | WPA | 19-Jan-93 | 1 | Cape Town    | 05-Apr |

### 1 500m

|         |                       |      |           |    |               |        |
|---------|-----------------------|------|-----------|----|---------------|--------|
| 4:11,98 | Dominique Scott Efurd | USA  | 24-Jun-92 | 1  | Kortrijk      | 13-Jul |
| 4:13,27 | Carina Viljoen        | USA  | 15-Apr-97 | 2q | Sacramento    | 25-May |
| 4:13,59 | Caster Semenya        | AGN  | 07-Jan-91 | 1  | Germiston     | 26-Apr |
| 4:18,06 | Prudence Sekgodisa    | AGN  | 05-Jan-02 | 1  | Potchefstroom | 20-Mar |
| 4:18,34 | Carmi Prinsloo        | ACNW | 31-Jan-02 | 2  | Potchefstroom | 20-Mar |
| 4:23,81 | Aynslee van Graan     | AGN  | 15-Dec-95 | 1  | Potchefstroom | 15-Mar |
| 4:25,59 | Leanda Du Bruyn       | ACNW | 28-Jan-94 | 2  | Potchefstroom | 15-Mar |
| 4:26,94 | Thineke Fourie        | WPA  | 11-Nov-91 | 1  | Cape Town     | 16-Feb |
| 4:28,42 | Nicole Louw           | CGA  | 26-Jul-01 | 1  | Potchefstroom | 20-Mar |
| 4:29,12 | Aviwe Hoboloshe       | ACNW |           | 3  | Potchefstroom | 20-Mar |

### 3 000m

|         |                       |      |           |    |               |        |
|---------|-----------------------|------|-----------|----|---------------|--------|
| 8:43,88 | Dominique Scott Efurd | USA  | 24-Jun-92 | 15 | Stanford      | 30-Jun |
| 9:36,76 | Kyla van Graan        | WPA  | 14-Oct-94 | 1  | Cape Town     | 16-Feb |
| 9:40,80 | Gabriella Gait-Smith  | WPA  | 14-Oct-03 | 1  | Paarl         | 29-Mar |
| 9:44,20 | Leanda Du Bruyn       | ACNW | 28-Jan-94 | 2  | Cape Town     | 16-Feb |
| 9:46,48 | Carmi Prinsloo        | ACNW | 31-Jan-02 | 1  | Potchefstroom | 20-Mar |
| 9:47,28 | Kesa Molotsane        | AFS  | 08-Jan-92 | 1  | Bloemfontein  | 13-Apr |
| 9:47,67 | Naledi Makgatha       | AGN  |           | 1  | Pretoria      | 09-Mar |
| 9:48,67 | Alme Jordaan          | BOLA | 05-May-02 | 2  | Paarl         | 29-Mar |
| 9:50,34 | Alexa Mesham          | WPA  |           | 3  | Paarl         | 29-Mar |
| 9:51,69 | Vicky Oelofse         | AFS  | 09-Oct-00 | 1  | Paarl         | 29-Mar |

### 5 000m

|          |                       |      |           |    |              |        |
|----------|-----------------------|------|-----------|----|--------------|--------|
| 14:59,08 | Dominique Scott Efurd | USA  | 24-Jun-92 | 15 | London       | 21-Jul |
| 15:54,02 | Carina Viljoen        | USA  | 15-Apr-97 | 13 | Stanford CA  | 29-Mar |
| 16:05,97 | Caster Semenya        | AGN  | 07-Jan-91 | 1  | Germiston    | 25-Apr |
| 16:25,23 | Kesa Molotsane        | FSA  | 08-Jan-92 | 3  | Germiston    | 25-Apr |
| 16:28,32 | Sthembile Nzalo       | AGN  |           | 1  | Pretoria     | 26-Jan |
| 16:30,82 | Nokuthula Dlamini     | USA  |           | 8  | Azusa CA     | 18-Apr |
| 16:34,45 | Aynslee van Graan     | AGN  | 15-Dec-95 | 1  | Stellenbosch | 04-Apr |
| 16:35,23 | Kyla van Graan        | WPA  | 14-Oct-94 | 1  | Parow        | 23-Feb |
| 16:40,23 | Glenrose Xaba         | AGN  | 31-Dec-94 | 1  | Pretoria     | 05-Mar |
| 16:41,35 | Leanda Du Bruyn       | ACNW | 28-Jan-94 | 2  | Stellenbosch | 04-Apr |

### 10 000m

|          |                       |     |           |   |              |        |
|----------|-----------------------|-----|-----------|---|--------------|--------|
| 31:43,18 | Dominique Scott Efurd | RSA | 24-Jun-92 | 6 | Stanford CA  | 02-May |
| 33:59,70 | Glenrose Xaba         | RSA | 31-Dec-94 | 1 | Pretoria     | 15-Mar |
| 36:10,21 | Carmi Prinsloo        | RSA | 31-Jan-02 | 2 | Germiston    | 27-Apr |
| 36:10,81 | Tsholofelo Zwane      | RSA | 13-Sep-97 | 1 | Stellenbosch | 04-Apr |
| 36:15,13 | Nicole van der Merwe  | RSA | 28-Oct-98 | 2 | Stellenbosch | 04-Apr |
| 36:17,17 | Tyler Beling          | RSA | 24-Aug-99 | 3 | Stellenbosch | 04-Apr |
| 36:24,20 | Cherise Sims          | RSA | 06-Jun-93 | 3 | Germiston    | 27-Apr |
| 36:33,09 | Rachel Leistra        | RSA |           | 4 | Stellenbosch | 04-Apr |
| 36:54,51 | Sherilene Gelderblom  | RSA | 03-Jan-96 | 5 | Charlotte NC | 10-May |



### 3 000m STEEPLE

|          |                    |      |           |   |               |        |
|----------|--------------------|------|-----------|---|---------------|--------|
| 10:34,91 | Nokuthula Dlamini  | USA  |           | 4 | Norman OK     | 11-May |
| 10:35,84 | Shanley Koekemoer  | USA  | 10-Jan-00 | 5 | Durham NC     | 20-Apr |
| 10:45,25 | Kirsti Bell        | AGN  |           | 1 | Germiston     | 26-Apr |
| 10:48,75 | Lethabo Makgoga    | CGA  | 13-Sep-00 | 1 | Paarl         | 28-Mar |
| 10:53,91 | Cara Du Preez      | ACNW | 13-Oct-01 | 1 | Potchefstroom | 09-Mar |
| 10:54,76 | Casey Bosman       | CGA  | 01-Oct-01 | 2 | Paarl         | 28-Mar |
| 10:55,46 | Carlyn Fischer     | AGN  | 27-Sep-90 | 2 | Germiston     | 26-Apr |
| 10:56,02 | Vuyhiseka Nkumenge | WPA  |           | 3 | Germiston     | 26-Apr |
| 11:00,03 | Leanda Du Bruyn    | WPA  | 28-Jan-94 | 1 | Parow         | 23-Mar |
| 11:03,50 | Cara du Preez      | ACNW |           | 4 | Germiston     | 26-Apr |

### 100H

|       |      |                          |      |           |     |                      |        |
|-------|------|--------------------------|------|-----------|-----|----------------------|--------|
| 13,15 | 1,9  | Rikinette Steenkamp      | AGN  | 16-Oct-92 | 5   | Sotteville-les-Rouen | 17-Jul |
| 13,48 | 0,2  | Taylon Bieldt            | AGN  | 04-Nov-98 | 1   | Potchefstroom        | 04-May |
| 13,81 | 0,0  | Antoinette Van Der Merwe | AGN  | 27-Jan-01 | 1h1 | Paarl                | 29-Mar |
| 13,95 | -1,2 | Janke van Wyk            | ACNW |           | 3   | Germiston            | 26-Apr |
| 14,07 | -1,5 | Rogail Joseph            | WPA  | 22-Apr-00 | 2   | Paarl                | 29-Mar |
| 14,10 | 1,0  | Liane van Jaarsveld      | CGA  | 23-Jan-01 | 1   | Germiston            | 03-Mar |
| 14,10 | -1,2 | Christin Fox             | ACNW |           | 4   | Germiston            | 26-Apr |
| 14,11 | -1,2 | Kayla van den Bergh      | ACNW |           | 5   | Germiston            | 26-Apr |
| 14,43 | -0,3 | Christen Fox             | ACNW | 17-Apr-99 | 3   | Bloemfontein         | 13-Apr |

### 400H

|       |  |                    |      |           |   |              |        |
|-------|--|--------------------|------|-----------|---|--------------|--------|
| 55,73 |  | Zeney Van Der Walt | AGN  | 22-May-00 | 2 | Napoli       | 10-Jul |
| 56,07 |  | Wenda Nel          | AGN  | 30-Jul-88 | 2 | Germiston    | 27-Apr |
| 56,36 |  | Rogail Joseph      | WPA  | 22-Apr-00 | 3 | Germiston    | 27-Apr |
| 57,87 |  | Gezelle Magerman   | AGN  | 21-Apr-97 | 4 | Germiston    | 27-Apr |
| 57,99 |  | Chanel Leuvenink   | AGN  | 29-Oct-96 | 3 | Stellenbosch | 04-Apr |
| 58,70 |  | Gontse Morake      | ACGA | 16-Jun-01 | 4 | Stellenbosch | 04-Apr |
| 59,96 |  | Marzaan Loots      | AGN  | 25-Jun-01 | 2 | Paarl        | 28-Mar |
| 60,00 |  | Hesmari Coetzee    | USA  | 28-Feb-98 | 2 | Jonesboro AR | 12-May |
| 60,01 |  | Cynthia Tsetsewa   | ACNW | 11-Jun-95 | 6 | Stellenbosch | 04-Apr |
| 60,02 |  | Ane Erasmus        | AFS  | 18-Jul-99 | 6 | Germiston    | 27-Apr |

### HIGH JUMP

|      |  |                   |      |           |   |               |        |
|------|--|-------------------|------|-----------|---|---------------|--------|
| 1,84 |  | Julia du Plessis  | CGA  | 27-May-96 | 1 | Potchefstroom | 15-Mar |
| 1,83 |  | Yvonne Robson     | AGN  | 12-Sep-99 | 1 | Pretoria      | 05-Mar |
| 1,80 |  | Kristi Snyman     | RSA  | 15-Dec-00 | 2 | Germiston     | 25-Apr |
| 1,78 |  | Jeane Visser      | ACNW |           | 1 | Potchefstroom | 20-Mar |
| 1,75 |  | Michelle Ngozo    | ACNW | 15-May-00 | 3 | Potchefstroom | 15-Mar |
| 1,75 |  | Karmen Fouche     | ACNW | 02-Jan-03 | 2 | Paarl         | 29-Mar |
| 1,75 |  | Marilize Higgins  | CGA  | 04-Mar-96 | 5 | Stellenbosch  | 04-Apr |
| 1,75 |  | Renate Van Tonder | USA  | 10-Apr-98 | 3 | Louisville KY | 13-Apr |
| 1,75 |  | Brittany Uys      | WPA  | 17-Apr-96 | 3 | Germiston     | 25-Apr |
| 1,72 |  | Anri Salim        | ACNW | 06-Jan-96 | Q | Stellenbosch  | 04-Apr |
| 1,72 |  | Geraldine King    | BOLA | 11-Aug-97 | Q | Stellenbosch  | 04-Apr |

**POLE VAULT**

|      |                       |      |            |   |              |        |
|------|-----------------------|------|------------|---|--------------|--------|
| 3,90 | Christy Nell          | USA  | 97         | 4 | Knoxville TN | 13-Apr |
| 3,87 | Nicole J Van Rensburg | BOLA | 04-Jan-01  | 1 | Paarl        | 22-Feb |
| 3,80 | Mire Reinstorf        | BOLA |            | 1 | Germiston    | 25-Apr |
| 3,70 | Nadja Fourie          | BOLA | 25-Jan-99  | 1 | Stellenbosch | 04-Apr |
| 3,70 | Esli Lamley           | AFS  | 1998/03/16 | 2 | Germiston    | 25-Apr |
| 3,60 | Jodie Sedras          | ASWD | 26-Aug-94  | 1 | Greenpoint   | 16-Feb |
| 3,60 | Erica Moolman         | BOLA |            | 2 | Paarl        | 28-Mar |
| 3,50 | Anje Viljoen          | BOLA |            | 3 | Paarl        | 28-Mar |
| 3,40 | Tonet Tallie          | BOLA |            | 2 | Paarl        | 28-Mar |
| 3,40 | Jeannie van Dyk       | EPA  |            | 5 | Germiston    | 25-Apr |
| 3,40 | Simonn Swanevelder    | BOLA |            | 6 | Germiston    | 25-Apr |

**LONG JUMP**

|      |      |                   |      |           |   |              |        |
|------|------|-------------------|------|-----------|---|--------------|--------|
| 6,64 | -1,1 | Linque Beneke     | FSA  | 30-Mar-91 | 1 | Germiston    | 27-Apr |
| 6,55 | 0,4  | Zinzi Chanbangu   | CGA  | 28-Sep-96 | 3 | Germiston    | 27-Apr |
| 6,42 | 0,0  | Eljane Kruger     | ACNW | 16-Apr-98 | 2 | Stellenbosch | 04-Apr |
| 6,27 | 1,7  | Renate Van Tonder | USA  | 10-Apr-98 | 2 | Houston TX   | 23-Mar |
| 6,21 | 0,4  | Helene Peens      | AGN  | 05-Apr-94 | 2 | Stellenbosch | 04-Apr |
| 5,96 | 1,5  | Rose Xeyi         | AGN  | 16-Mar-01 | 1 | Pretoria     | 15-Mar |
| 5,95 | 0,1  | Anita Madike      | EPA  |           | 5 | Stellenbosch | 04-Apr |
| 5,89 | 0,7  | Nolwazi Mashaba   | AMPU | 10-Jan-02 | 5 | Germiston    | 27-Apr |
| 5,83 | 1,6  | Karissa Van Wyk   | AMPU |           | 2 | Paarl        | 30-Mar |
| 5,80 | 0,1  | Danni Nolte       | AGN  | 02-Jan-01 | 4 | Paarl        | 30-Mar |

**Wind**

|      |     |                   |      |           |   |            |        |
|------|-----|-------------------|------|-----------|---|------------|--------|
| 6,61 | 3,1 | Eljane Kruger     | ACNW | 16-Apr-98 | 2 | Germiston  | 27-Apr |
| 6,30 | 4,2 | Renate Van Tonder | USA  | 10-Apr-98 | 1 | Houston TX | 14-Mar |

**TRIPLE JUMP**

|       |      |                        |      |           |   |              |        |
|-------|------|------------------------|------|-----------|---|--------------|--------|
| 13,41 | 0,7  | Patience Ntshingila    | CGA  | 26-Aug-89 | 1 | Pretoria     | 09-Feb |
| 13,33 | 0,4  | Zinzi Chanbangu        | CGA  | 28-Sep-96 | 1 | Stellenbosch | 04-Apr |
| 12,92 | -0,6 | Gontse Morake          | CGA  | 16-Jun-01 | 1 | Paarl        | 29-Mar |
| 12,59 | 0,0  | Maruska J Van Rensburg | EPA  |           | 3 | Germiston    | 26-Apr |
| 12,46 | 0,0  | Nolwazi Mashaba        | AMPU |           | 4 | Germiston    | 26-Apr |
| 12,17 | 0,6  | Somien Schutte         | AGN  |           | 1 | Pretoria     | 15-Mar |
| 12,10 | 1,9  | Renate Van Tonder      | USA  | 10-Apr-98 | 4 | Houston TX   | 23-Mar |
| 12,10 | 0,0  | Suneel Louwrens        | ACNW | 12-Apr-01 | 2 | Paarl        | 29-Mar |
| 12,01 | 0,6  | Taylia Visagie         | WPA  | 16-Feb-96 | 1 | Cape Town    | 05-Apr |

**Wind**

|       |     |                   |     |           |   |            |        |
|-------|-----|-------------------|-----|-----------|---|------------|--------|
| 12.52 | 3.4 | Renate Van Tonder | USA | 10Apr1998 | 2 | Houston TX | 14-Mar |
|-------|-----|-------------------|-----|-----------|---|------------|--------|

**SHOT PUT**

|       |                |     |           |   |               |        |
|-------|----------------|-----|-----------|---|---------------|--------|
| 17,05 | Ischke Senekal | EPA | 08-Jan-93 | 1 | Stellenbosch  | 04-Apr |
| 15,81 | Meike Strydom  | CGA | 25-Aug-00 | 1 | Potchefstroom | 15-Mar |
| 15,02 | Sonia Smuts    | AGN | 05-Oct-91 | 1 | Pretoria      | 15-Mar |

|       |                      |      |           |   |               |        |
|-------|----------------------|------|-----------|---|---------------|--------|
| 14,60 | Angeline Smit        | USA  | 09-Jun-98 | 1 | Birmingham AL | 12-Apr |
| 14,19 | Monique Wagner       | CGA  | 05-Feb-97 | 1 | Germiston     | 26-Jan |
| 14,14 | Mia Van Oudsthoorn   | USA  |           | 3 | Portales NM   | 04-May |
| 13,15 | Riette Heyns         | ACNW | 26-Feb-97 | 1 | Potchefstroom | 08-Mar |
| 13,08 | Danae J Van Rensburg | AGN  | 07-Aug-01 | 2 | Paarl         | 30-Mar |

#### DISCUS

|       |                      |      |           |   |               |        |
|-------|----------------------|------|-----------|---|---------------|--------|
| 57,25 | Riette Heyns         | ACNW | 26-Feb-97 | 1 | Potchefstroom | 05-Feb |
| 55,72 | Ischke Senekal       | EPA  | 08-Jan-93 | 1 | Germiston     | 27-Apr |
| 54,00 | Yolandi Stander      | FSA  | 27-Nov-98 | 1 | Stellenbosch  | 04-Apr |
| 49,00 | Leandri Geel         | CGA  | 14-Jul-97 | 3 | Germiston     | 27-Apr |
| 48,29 | Mia Van Oudsthoorn   | USA  |           | 5 | Abilene TX    | 12-May |
| 46,60 | Colette Uys          | AFS  | 20-Apr-00 | 4 | Germiston     | 27-Apr |
| 46,18 | Dané Roets           | CGA  | 16-Jan-02 | 1 | Paarl         | 29-Mar |
| 45,40 | Chane Coetzee        | BOLA |           | 5 | Germiston     | 27-Apr |
| 45,29 | Cara Coetzee         | BOLA | 05-Dec-01 | 2 | Paarl         | 29-Mar |
| 44,68 | Bodine Degli Umberti | AGN  | 31-Jan-02 | 1 | Pretoria      | 15-Mar |

#### HAMMER

|       |                          |      |           |   |               |        |
|-------|--------------------------|------|-----------|---|---------------|--------|
| 61,89 | Margo Charne Coetzee     | AGN  | 09-Jun-94 | 1 | Germiston     | 25-Apr |
| 61,27 | Marga Cumming            | ACNW | 12-Oct-98 | 2 | Germiston     | 25-Apr |
| 57,65 | Letitia Janse Van Vuuren | ACNW | 24-Apr-96 | 2 | Potchefstroom | 19-Feb |
| 57,24 | Stefanie Greyling        | ACNW | 25-Mar-96 | 3 | Germiston     | 25-Apr |
| 56,80 | Tharina Van Der Walt     | FSA  | 22-Feb-00 | 1 | Bloemfontein  | 02-Mar |
| 54,55 | Marinda Greyling         | AGN  | 04-Jun-99 | 2 | Potchefstroom | 15-Mar |
| 54,36 | Leandri Geel             | CGA  | 14-Jul-97 | 5 | Germiston     | 25-Apr |
| 54,20 | Lizelle Fourie           | AGN  | 05-Jan-99 | 2 | Pretoria      | 23-Feb |
| 53,61 | Tammy Leonard            | ACNW |           | 3 | Potchefstroom | 19-Feb |

#### JAVELIN

|       |                    |      |           |    |               |        |
|-------|--------------------|------|-----------|----|---------------|--------|
| 61,22 | Sunette Viljoen    | AGN  | 06-Jan-83 | 1  | Pretoria      | 15-Mar |
| 57,36 | Jo-Ané Van Dyk     | ACNW | 03-Oct-97 | 5q | Napoli        | 08-Jul |
| 51,29 | Jana Van Schalkwyk | ACNW | 07-Mar-01 | 3  | Germiston     | 27-Apr |
| 50,85 | Savannah Combrinck | AGN  | 17-Apr-01 | 1  | Paarl         | 29-Mar |
| 49,06 | Maggie Le Roux     | ACNW | 11-Jun-99 | 2  | Stellenbosch  | 04-Apr |
| 48,14 | Kelsy-Ann Mostert  | AGN  | 30-May-97 | 5  | Germiston     | 27-Apr |
| 47,69 | Leandri Lamprecht  | ACNW | 15-Mar-99 | 2  | Potchefstroom | 08-Mar |
| 45,85 | Linda Van Vreden   | CGA  | 15-Aug-85 | 7  | Germiston     | 27-Apr |
| 45,12 | Gestelle Snyman    | AGN  | 24-Jul-00 | 3  | Paarl         | 29-Mar |
| 44,79 | Anneke Germishuys  | ACNW | 25-Nov-98 | 3  | Potchefstroom | 15-Mar |

#### 4 X 100m

|       |              |     |  |   |              |        |
|-------|--------------|-----|--|---|--------------|--------|
| 44,92 | South Africa |     |  | 1 | Germiston    | 27-Apr |
| 45,88 | South Africa |     |  | 1 | Bloemfontein | 13-Apr |
| 44,92 | RSA          |     |  | 1 | Germiston    | 27-Apr |
| 47,00 | AGN          |     |  | 2 | Germiston    | 27-Apr |
| 47,77 | AGN - A      | U20 |  | 1 | Paarl        | 30-Mar |
| 48,43 | ACNW         | U18 |  | 1 | Paarl        | 30-Mar |
| 48,43 | AGN - A      | U18 |  | 2 | Paarl        | 30-Mar |

|       |        |     |   |       |        |
|-------|--------|-----|---|-------|--------|
| 48,46 | BOLAND | U20 | 2 | Paarl | 30-Mar |
| 48,49 | WPA    | U20 | 3 | Paarl | 30-Mar |
| 48,55 | BOLAND | U18 | 3 | Paarl | 30-Mar |

#### 4 X 400m

|         |              |     |   |               |        |
|---------|--------------|-----|---|---------------|--------|
| 3:45,62 | South Africa |     | 1 | Potchefstroom | 17-Apr |
| 3:36,41 | AGN A        |     | 1 | Germiston     | 27-Apr |
| 3:44,43 | AGN B        |     | 2 | Germiston     | 27-Apr |
| 3:45,00 | ACNW         |     | 3 | Germiston     | 27-Apr |
| 3:45,87 | AGN - A      | U20 | 1 | Paarl         | 30-Mar |
| 3:46,52 | CGA          |     | 4 | Germiston     | 27-Apr |
| 3:49,32 | BOLAND       | U18 | 1 | Paarl         | 30-Mar |
| 3:49,35 | CGA          | U20 | 2 | Paarl         | 30-Mar |
| 3:49,83 | WPA          |     | 5 | Germiston     | 27-Apr |
| 3:51,88 | AGN - A      | U18 | 2 | Paarl         | 30-Mar |

#### Heptathlon

|      |                  |      |           |   |              |           |
|------|------------------|------|-----------|---|--------------|-----------|
| 4843 | Anri Salem       | ACNW |           | 1 | Germiston    | 26/27-Apr |
| 4731 | Shannon Verster  | AGN  |           | 2 | Germiston    | 26/27-Apr |
| 4581 | Geraldine King   | WPA  |           | 3 | Stellenbosch | 6/7-Apr   |
| 4182 | Anneri Gravett   | ACNW |           | 4 | Germiston    | 26/27-Apr |
| 4066 | Ammerah Donough  | WPA  |           | 5 | Germiston    | 26/27-Apr |
| 3949 | Leandre Ketch    | WPA  | 17-Feb-01 | 1 | Greenpoint   | 15-16-Feb |
| 3859 | Zeanne Kruger    | BOLA | 31-Jan-01 | 2 | Greenpoint   | 15-16-Feb |
| 3852 | Ammeerah Donough | WPA  | 05-Feb-01 | 3 | Greenpoint   | 15-16-Feb |
| 3704 | Brittany Uys     | WPA  | 12-Apr-96 | 2 | Greenpoint   | 15-16-Feb |
| 3446 | Rachelle Gietzen | ASWD |           | 6 | Germiston    | 26/27-Apr |

#### 3000m Walk (Track)

|          |                    |      |           |   |                    |        |
|----------|--------------------|------|-----------|---|--------------------|--------|
| 14:01.35 | Zelda Schulz       | ACNW | 15-Feb-91 | 1 | Potchefstroom      | 05-Feb |
| 14:36.09 | Annette Koen       | ACNW | 06-Jun-99 | 2 | Potchefstroom      | 05-Feb |
| 15:46.89 | Meandri Erasmus    | ACNW | 28-Feb-01 | 3 | Potchefstroom      | 05-Feb |
| 17:43.02 | Whitney Matseba    | AGN  | 25-Jan-97 | 1 | PILDITCH- Pretoria | 05-Mar |
| 17:51.50 | Dieno Ramakgoakgoa | AGN  | 25 Jun 02 | 2 | PILDITCH- Pretoria | 05-Mar |
| 18:42.01 | Nothando Sithole   | AGN  | 03-Jun-02 | 3 | PILDITCH- Pretoria | 05-Mar |

#### 5km Walk (Track)

|          |                   |      |           |   |                     |        |
|----------|-------------------|------|-----------|---|---------------------|--------|
| 24:16.36 | Zelda Scultz      | ACNW | 15-Feb-92 | 2 | Potchefstroom       | 19-Feb |
| 24:54,39 | Natalie le Troux  | KZNA |           | 1 | Durban              | 02-Feb |
| 26:17.30 | Meanri Erasmus    | ACNW | 28-Feb-01 | 3 | Potchefstroom       | 19-Feb |
| 26:45.88 | Marissa Swanepoel | AGN  |           | 1 | Paarl               | 28-Mar |
| 27:00.40 | Migshaan Andrews  | WPA  | 30-Sep-03 | 3 | Parow               | 09-Feb |
| 27:05,03 | Ronel Viljoen     | AGN  |           | 1 | Gersmiton           | 27-Apr |
| 27:43,90 | C Maritz          | CGA  |           | 1 | PILDITCH - Pretoria | 26-Jan |
| 27:55,68 | Nthasi Mokhele    | CGA  |           | 1 | Germiston           | 26-Jan |
| 28:00.55 | Olwethu Ndlovu    | AGN  |           | 2 | Paarl               | 28-Mar |
| 28:22,23 | Sibo Zungu        | AGN  | 22-Sep-02 | 3 | PILDITCH - Pretoria | 26-Jan |

**10km Walk (Track)**

|            |                     |      |           |   |                |        |
|------------|---------------------|------|-----------|---|----------------|--------|
| 0:50:18.68 | Zelda Scultz        | ACNW | 15 fen 92 | 1 | Potchefstroom  | 09-Mar |
| 0:54:12.37 | Nolene van Rensburg | WPA  | 06-Apr-01 | 1 | Port Elizabeth | 20-Mar |
| 0:54:51.12 | Meandri Ersamus     | ACNW | 28-Feb-01 | 1 | Potchefstroom  | 09-Mar |
| 0:57:46.92 | Kristen meyer       | WPA  | 27-Jul-01 | 3 | Port Elizabeth | 20-Mar |
| 1:00:07.93 | Mizan Viljoen       | AFS  | 28-Apr-99 | 1 | Bloemfontein   | 23-Feb |
| 1:05:07.55 | Stephanie van Zyl   | WPA  | 04-Oct-01 | 4 | Port Elizabeth | 20-Mar |
| 1:06:33.99 | Karabo Fombi        | AFS  | 20-Sep-01 | 5 | Port Elizabeth | 20-Mar |
| 1:06:39.71 | Elvirah Maphosa     | CGA  |           | 4 | Paarl          | 29-Mar |
| 1:07:52.24 | Dian Sithole        | CGA  | 30-Sep-01 | 6 | Port Elizabeth | 20-Mar |

**20km Walk (Road)**

|            |                 |      |           |    |                |        |
|------------|-----------------|------|-----------|----|----------------|--------|
| 1:40:16.00 | Zelda Schultz   | ACNW | 15-Feb-92 | 22 | Podébrady, CZE | 06-Apr |
| 1:40:21,60 | Anel Oosthuizen | ASWD |           | 1  | Germiston      | 27-Apr |
| 1:53:31,40 | Annette Koen    | ACNW |           | 3  | Germiston      | 27-Apr |
| 1:53:49,17 | Natalie le Roux | KZNA |           | 4  | Germiston      | 27-Apr |
| 2:22:42,49 | Nthatsi Mokhele | CGA  |           | 5  | Germiston      | 27-Apr |





























